

September/
October
2011

Senior Gazette



All programs are open to Guilford County residents ages 55 and over and are held at Smith Senior Center, 2401 Fairview St. unless otherwise noted.

AHOY NEWS

Labor Day Break will be Friday September 2–Monday, September 5.



Who to Call

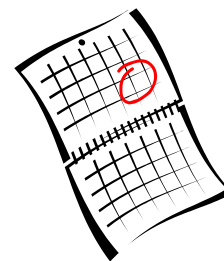
375-2237

Trips, Bowling, Ambassadors, AHOY, Social Dance Club, Hiking Club

375-2234

Pool, Water Aerobics, Water Fitness, Fall Cookout, Line Dancing, Fitness Room

MARK YOUR CALENDARS



It is time for several of our activities that took a summer break to begin a new season.

- City-wide Seniors Bowling League begins on Wednesday, August 17
- Singing Senior Ambassadors begin rehearsals Thursday, September 8
 - Qualifying for the Seniors Hiking Club will be held on Wednesday, September 28

For more details on how to join one of these programs, look inside under ***Something for Everyone.***

TRIP NEWS

Shatley Springs/West Jefferson, NC

On Thursday, October 27, the Seniors Unit will travel to Shatley Springs and West Jefferson, NC

Depart: Smith Senior Center: 8:30 am

Return: Approximately 6:30 pm

Cost for Transportation: \$30.00

Cost for Meal: \$20.00 exact change on the day of the trip

Also bring money for shopping at the Cheese Factory Store and the Blue Ridge Gallery

Registration begins Friday, September 9 at 9 am at Smith Senior Center

Travelers will eat a family style lunch at the famous Shatley Springs Restaurant, stop at the Cheese Factory Store in West Jefferson and the Blue Ridge Gallery of Fine Art which is located on an 85 acre Christmas Tree Farm in Sparta, NC



DID YOU KNOW????

You can stop by any City of Greensboro Fire Station and get your blood pressure checked for free.



SOMETHING FOR EVERYONE

Line Dancing Classes

Taught by Mike Summers, are ongoing at Smith Senior Center and meet every Tuesday evening. Classes are open to those 18 and over. Beginner classes are from 6:30-7:40 pm and advanced classes are from 7:40-8:45 pm. Classes are \$6.00 per visit. Advance registration is not required to attend. Just come out and enjoy the fun, fellowship and exercise! Call 375-2234 for more information.



Citywide Seniors Bowling League

The league begins for the 2011-2012 season with a meeting on Wednesday, August 17 at 2 pm at Triad Lanes, 21 Oak Branch Ct. Competition begins on Wednesday, August 24 and goes through early May. If you would like to join this fun group of bowlers, plan on attending the August 17 meeting. Competition is by doubles teams.



Water Fitness Class

The next session of Water Fitness begins on Tuesday, October 18 and meets Tuesday and Thursday for 8 1/2 weeks. Spice up your water routine by combining water noodles, weights circuit training and much more.



Registration begins: September 23

Cost: \$76.50

Instructor: Cathy McClellan

Who: Adults 18 and over

When: 5:45-6:30 pm

For more information call 375-2234

Singing Senior Ambassadors

The Singing Senior Ambassadors will begin a new season on Thursday, September 8 when rehearsals for their 2011 Holiday Concert begin at 9:30am at St John's UMC, 1304 Merritt Dr.

This group has been in existence for over 25 years and have performed for thousands of people. Come and join this talented group and become a part of this troupe that lives up to the name of ambassador.

What: Rehearsals Begin

When: Thursday, September 8

Time: 9:30 am

Where: St. John's UMC, 1304 Merritt Dr



Hiking Club Qualifying



The Seniors Hiking Club will begin a new season on **Wednesday, September 28**, with an opportunity to qualify to join the club. Prospective members will meet that morning at **Shelter # 9 at Country Park at 10 am**. To qualify, seniors must walk around Country Park 2 times in 70 minutes or less. This is a distance of 3.2 miles.

If you plan to attend the qualifying, no registration is required. Just be at Shelter # 9 at 10 am ready to walk.

The Seniors Hiking Club meets every Wednesday morning September through June and hikes at various locations in Guilford County and throughout the Piedmont. Once hikers qualify they will receive a schedule for the current season.

Annual membership fee is \$10 and must be paid by check at the time of qualifying.



PROGRAM SPOTLIGHT!!!

GREENSBORO SOCIAL DANCE CLUB

Did you know that on the 2nd Saturday of each month seniors 55 and over can go to Lewis Recreation Center at 3110 Forest Lawn

Dr and enjoy an evening of ballroom dancing and socializing. The Greensboro Social Dance Club is accepting new members as they begin a new year. Membership fees are \$20 per year and are used to pay for a professional d j to play at each dance. If you are not sure you want to become a member but want to attend a dance, senior visitors are welcome for a small walk-in fee. The next dance will be Saturday, September 10 at 8:00 pm at Lewis Recreation Center.

Fall Cookout and Fun Day

Friday, October 14

11 am—1 pm

Smith Senior Center
2401 Fairview Street

Join us for fun, food and games!

Registration begins September 30, 2011

Cost \$5.00



More Trip News !!!!!

Travel to Rudy Theater in Selma, NC

to see the American Music Jubilee Holiday Show!

This is always of favorite or travelers. This year our group has the first few rows of the theater reserved so we will have a terrific view of the stage.

Date: Thursday, November 17

Depart: 8 am, Smith Senior Center

Return: Approximately 6:30 pm

Cost: \$40.00

Registration begins: Friday, September 16 at 9 am at Smith Senior Center

Water Aerobics Class Registration

Registration begins **THURSDAY, OCTOBER 27** at 9 am for the session of classes that begin the week of November 7.

Classes will run through the week of December 12 and are taught by Vivian Sloan.

The fee for the 6-week session is \$54.00 for M/W, \$49.50 for Tu/Th and \$76.50 for M/W/F. Exact cash or checks payable to the City of Greensboro will be accepted.

A doctors written authorization may be required.



All classes are for senior adults 55 and older with the exception of the M/W, 5:15 pm class which is open to adults 18 and over. For more information call 375-2234.

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 Social Dance Club
9	10	11	12	13	14 Fall Cookout	15
16	17	18 Bingo	19	20	21 Adaptive Senior Games	22
23	24	25	26	27 Water Aerobics Reg.	28	29

Greensboro Parks and
Recreation Department
Smith Senior Center
2401 Fairview St.
Greensboro, NC 27405

375-2234 or
375-2237

**Return Service
Requested**

Presorted Standard
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September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 AHOY Break through 9/5	3 Smith Senior Center Closed
4	5 Labor Day Holiday	6	7	8 Ambassador Rehearsals Begin	9 Shatley Springs Registration	10 Social Dance Club
11	12	13	14	15	16 Rudy Theater Registration	17
18	19	20 Bingo	21	22	23 Fall Prevention Awareness	24
25	26	27	28 Hiking Club Qualifying	29	30 Fall Cookout Reg- istration	